

## USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 09135, Grape juice, canned or bottled, unsweetened, without added ascorbic acid <sup>a</sup>

Report Date:October 23, 2015 07:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1 2</sup>	g	84.51	--	0.888	83.62	85.78	1.0	73.23	95.79	2	Analytical or derived from analytical	--	06/2008
Energy	kcal	60	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Energy	kJ	252	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Protein <sup>1 2</sup>	g	0.37	--	0.012	0.36	0.42	1.0	0.227	0.52	2	Analytical or derived from analytical	--	06/2008
Total lipid (fat) <sup>1 2 3</sup>	g	0.13	--	0.078	0	0.34	2.0	-0.208	0.46	3	Analytical or derived from analytical	--	06/2008
Ash <sup>1 2</sup>	g	0.22	--	0.058	0.11	0.28	1.0	-0.518	0.954	2	Analytical or derived from analytical	--	06/2008
Carbohydrate, by difference	g	14.77	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fiber, total dietary <sup>1</sup>	g	0.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Sugars, total	g	14.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a> <a href="#">2</a>	g	0.04	--	0.037	0	0.07	1.0	-0.436	0.511	2	Analytical or derived from analytical	--	06/2008
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	6.81	--	0.026	6.72	6.87	1.0	6.476	7.136	2	Analytical or derived from analytical	--	06/2008
Fructose <a href="#">1</a> <a href="#">2</a>	g	7.36	--	0.062	7.2	7.69	1.0	6.569	8.152	2	Analytical or derived from analytical	--	06/2008
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	06/2008
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	06/2008
Galactose <a href="#">1</a>	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	11	--	0.306	9	12	3.0	9.637	11.588	4	Analytical or derived from analytical	--	06/2008
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.25	--	0.070	0.09	1	4.0	0.054	0.443	5	Analytical or derived from analytical	--	06/2008
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	10	--	0.910	7	15	4.0	7.45	12.502	5	Analytical or derived from analytical	--	06/2008
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	14	--	1.284	10	18	4.0	10.254	17.386	5	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	104	--	5.291	83	119	3.0	87.39	121.068	4	Analytical or derived from analytical	--	06/2008
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	5	--	0.623	2	8	4.0	2.911	6.371	5	Analytical or derived from analytical	--	06/2008
Zinc, Zn <a href="#">1</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.07	--	0.009	0.05	0.13	3.0	0.046	0.1	4	Analytical or derived from analytical	--	06/2008
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.018	--	0.004	0.01	0.04	4.0	0.008	0.029	5	Analytical or derived from analytical	--	06/2008
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	0.239	--	0.024	0.08	0.43	4.0	0.172	0.307	5	Analytical or derived from analytical	--	06/2008
Selenium, Se <a href="#">2</a>	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	06/2008
Fluoride, F <a href="#">1</a> <a href="#">7</a> <a href="#">8</a>	µg	138.0	--	65.977	72	204	--	--	--	1	Analytical or derived from analytical	--	06/2008
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin <a href="#">1</a>	mg	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Riboflavin <a href="#">1</a>	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	0.133	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Pantothenic acid <a href="#">1</a>	mg	0.048	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Vitamin B-6 <a href="#">1</a>	mg	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Folate, total <a href="#">1</a>	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Folic acid <a href="#">1</a>	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Folate, food <a href="#">1</a>	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2008
Folate, DFE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
Choline, total <a href="#">1</a>	mg	3.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine <a href="#">1</a>	mg	0.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	09132	11/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09132	11/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09132	11/2002
Vitamin A, IU	IU	8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09132	11/2002
Lutein + zeaxanthin	µg	57	--	--	--	--	--	--	--	--	Calculated or imputed	09132	04/2014
Vitamin E (alpha-tocopherol) <sup>3 9</sup>	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>3 9</sup>	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2002
Tocopherol, gamma <sup>3 9</sup>	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2002
Tocopherol, delta <sup>3 9</sup>	mg	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	11/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) <sup>10</sup>	µg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2002
<b>Lipids</b>													
Fatty acids, total saturated	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
18:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Threonine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Isoleucine	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Leucine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lysine	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Methionine	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phenylalanine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982



Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">28</a> <a href="#">29</a> <a href="#">30</a> <a href="#">31</a>	mg	0.89	--	0.18	0.07	1.93	--	--	--	--	--	--	--
Petunidin <a href="#">11</a> <a href="#">12</a> <a href="#">31</a>	mg	1.01	--	0	1.01	1.01	--	--	--	--	--	--	--
Delphinidin <a href="#">11</a> <a href="#">12</a> <a href="#">13</a> <a href="#">14</a> <a href="#">15</a> <a href="#">16</a> <a href="#">28</a> <a href="#">29</a> <a href="#">30</a> <a href="#">31</a>	mg	1.92	--	0.39	0.37	4.24	--	--	--	--	--	--	--
Malvidin <a href="#">29</a> <a href="#">31</a>	mg	11.17	--	2.73	0.05	21.77	--	--	--	--	--	--	--
Pelargonidin <a href="#">12</a> <a href="#">30</a>	mg	0.01	--	--	0.01	0.01	--	--	--	--	--	--	--
Peonidin <a href="#">11</a> <a href="#">12</a> <a href="#">28</a> <a href="#">29</a> <a href="#">31</a>	mg	1.06	--	0.27	0.42	1.79	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">17</a> <a href="#">29</a>	mg	0.81	--	0.09	0.07	3.17	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">17</a> <a href="#">29</a> <a href="#">31</a>	mg	0.55	--	0.07	0	2.06	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">18</a> <a href="#">30</a> <a href="#">32</a>	mg	0.01	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin <a href="#">18</a> <a href="#">30</a> <a href="#">32</a>	mg	0.01	--	0	0	0.01	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">13</a> <a href="#">15</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">30</a> <a href="#">32</a>	mg	0.01	--	0	0	0.01	--	--	--	--	--	--	--
Myricetin <a href="#">13</a> <a href="#">15</a> <a href="#">18</a> <a href="#">19</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">30</a> <a href="#">31</a> <a href="#">32</a>	mg	0.69	--	0.19	0.02	1.18	--	--	--	--	--	--	--
Quercetin <a href="#">13</a> <a href="#">15</a> <a href="#">18</a> <a href="#">19</a> <a href="#">20</a> <a href="#">21</a> <a href="#">22</a> <a href="#">23</a> <a href="#">30</a> <a href="#">31</a> <a href="#">32</a>	mg	0.71	--	0.23	0.41	0.8	--	--	--	--	--	--	--

## Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD<sup>2</sup>Welch's Nutrient content of Welch's purple and white grape juices, 2008<sup>3</sup>Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Selected Foods, University of Georgia, 1987 Beltsville MD<sup>4</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991<sup>5</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1989<sup>6</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1990<sup>7</sup>Mary Kiritis, Steven Levy, John Warren, Nupur Guha-Chowdhury, Judy Heilman, Teresa Marshall Assessing Fluoride Concentrations of Juices and Juice-Flavored Drinks, 1996 JADA 127 pp.895-902<sup>8</sup>Jan Stannard, Youn Soo Shim, Maria Kritisinieli, Panagiota Labropoulou, Anthi Tsamtsouris Fluoride Levels and Fluoride Contamination of Fruit Juices, 1991 The Journal of Clinical Pediatric Dentistry 16 pp.38-40<sup>9</sup>Nutrient Data Laboratory, ARS, USDA NDL Report Vitamin E 1991, 1991 Beltsville MD<sup>10</sup>S.L. Booth, J.A. Sadowski, J.A. T. Pennington Phylloquinone (Vitamin K) Content of Foods in the U.S. Food and Drug Administration's Total Diet Study, 1995 Journal of Agricultural and Food Chemistry 43 6 pp.1574-1579<sup>11</sup>Kahkonen, M.P., Heinamaki, J., Ollila, V., and Heinonen, M. Berry anthocyanins: Isolation, identification, and antioxidant activities., 2003 J. Sci. Food Agric. 83 pp.1403-1411<sup>12</sup>Wu, X., Gu, L., Prior, R. L., and McKay, S. Characterization of anthocyanins and proanthocyanidins in some cultivars of Ribes, Aronia, and Sambucus and their antioxidant capacity, 2004 J. Agric. Food Chem. 52 pp.7846-7856<sup>13</sup>Antonen, M. J. and Karjalainen, R. O. High-performance liquid chromatography analysis of black currant (Ribes nigrum L.) fruit phenolics grown either conventionally or organically., 2006 J. Agric. Food Chem. 54 pp.7530-7538<sup>14</sup>Iversen, C.K. Black currant nectar: Effect of processing and storage on anthocyanin and ascorbic acid content., 1999 J. Food Sci. 64 1 pp.37-41<sup>15</sup>Määttä, K.R., Kamal-Eldin, A., and Torronen, A.R. High-Performance liquid chromatography (HPLC) analysis of phenolic compounds in berries with diode array and electrospray ionization mass spectrometric (MS) detection: Ribes species., 2003 J. Agric. Food

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#### Footnotes

<sup>a</sup> Includes purple and white grape juice